



Mushrooms

The Health Benefits of Mushrooms

Although we think of mushrooms as vegetables, they are not plants at all, but fungi, organisms without roots or stems. They have a rich tastes and are high in antioxidants and protective minerals.

1 cup raw or 1/2 cup cooked mushrooms provides:

- 15 Calories, 2.2 gm protein, 1 gm fiber, no fat or cholesterol

Potential benefits of consuming mushrooms

- Rich in B vitamins to get energy from food, form red blood cells
- Contain minerals potassium, copper, iron and phosphorus
- Depending on where they are grown, may contain vitamin D
- Contain choline which helps with sleep, learning and memory
- Special dietary fibers (*chitin and beta-glucan*) may reduce insulin resistance, lower cholesterol and boost immunity
- Edible varieties include cremini (white button), shiitake, enoki (long, thin), portabella (large) and porcini (nutty flavor)
Note: Not all mushroom varieties are suitable for eating

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